

CENTER FOR SENIOR ACTIVITIES—DECEMBER 2010 MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		Spanish Loin of Pork 1 with Gravy Baked Potato French Style Green Beans Carrot Slaw Honeydew Melon	2 Fish Florentine Roasted Potatoes Mixed Vegetables Tossed Green Salad Birthday Cake	3 Spinach Orzo Soup Turkey a la King Noodles Country-Style Vegetable Artichoke Hearts Salad Stewed Fruit
6 Fiesta Sole White Rice Broccoli Green Bean Salad Chocolate Chip Cookie	7 Meat Loaf with Gravy Garlic Mashed Potatoes Carrots Tomato and Onion Salad Pear	8 Lemon Baked Chicken Herb Rice Spinach Cucumber Salad Brownie	9 Lasagna Rollettes with Meat Sauce Italian Mixed Vegetables Field Greens Mandarin Oranges	10 Pork Loin with Gravy Baked Sweet Potato Collard Greens Cinnamon Apple Sauce Fruit Cocktail
13 Swiss Chicken Roasted Potatoes Jardinière Vegetables Spinach Salad Sliced Peaches	14 Whole Wheat Spaghetti with Meatballs Broccoli Three Bean Salad Vanilla Pudding (S/F)	15 Pot Roast Whipped Potatoes Scandinavian Mixed Veg Black Bean & Corn Salad Berry Strudel	16 Roast Turkey Stuffing Spinach Caesar Salad Apple	17 Herbed Baked Tilapia Au Gratin Potatoes California Blend Veg Diced Beet Salad Banana
20 Meatloaf with Gravy Whipped Potatoes Zucchini Tossed Green Salad Fruited Jell-O	21 HOLIDAY MEAL London Broil Twice Baked Potato Peas and Carrots Seafood Salad Holiday Cake	22 Coconut Chicken Brown Rice Green Beans Tomato Salad Orange	23 CLOSED	24 CHRISTMAS EVE
27 BBQ Ribs Baked Beans Squash Medley Carrot Raisin Salad Pineapple Chunks	28 Tomato Rice Soup Manicotti/Meat Sauce Zucchini Spinach Salad Yogurt	29 Beef Burgundy Egg Noodles Broccoli Tomato/Cucumber Salad Apple	30 CLOSED	31 NEW YEAR'S EVE

Soup du jour, Whole Grain Bread, Butter and Skim or 1% Milk served daily
Lunch is served at 12 noon. Reservations are required at least 24 hours in advance--341-5099

Soups are 6 oz. portions, Entrees are 3 oz. portions, Vegetables & Salads are 4 oz. portions, Desserts are 4 oz. portions, Bread is 1 slice each, Milk 8 oz.

***Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of food borne illness, especially if you have certain medical conditions.**

Suggested Donation: \$4-\$6